



Fitness Classes

Ballet Fitness

Ballet Fitness is a fun total body workout that helps create a lean and firm physique. Ballet Fitness is a program that will help shape your upper body, tighten your tummy, trim your hips and challenge your balance. No dance background needed! Drop in fee \$10

Dates	Ages	Day	Time	Location	Fee (R/NR)
May 6-June 17	14 and up	M	7pm-8pm	Dorothy Hart Center	\$40/\$45
July 8-Aug 19	14 and up	M	7pm-8pm	Dorothy Hart Center	\$40/\$45

TABATA CrossTrain

An exciting, high-intensity interval training workout that follows the Tabata protocol of 20 seconds of pushing yourself hard, followed by 10 seconds of rest and repeated for eight cycles. This is a high intensity class at YOUR level. NO choreography, but a highly efficient workout with maximum results! Drop in fee \$7

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 6-June 17	14 and up	M	7pm-8pm	Dorothy Hart Center	\$40/\$45
May 7-June 20	14 and up	Tu, Th	10am-11am	Dorothy Hart Center	\$60/\$65
July 9-Aug 22	14 and up	Tu, Th	10am-11am	Dorothy Hart Center	\$60/\$65

Yoga

Work at your individual level as the instructor guides you through a series of standing, seated, and lying postures. This class will improve your strength, flexibility, and concentration. Appropriate for those new to Yoga and those familiar with traditional poses. Modifications will be shown for those with knee, hip, shoulder, or other issues. Bring a mat, water, and wear comfortable clothing. *Drop in fee \$7

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 7-June 20	14 and up	Tu, Th	7pm-8pm	Maury Commons	\$60/\$65
July 9-Aug 22	14 and up	Tu, Th	7pm-8pm	Maury Commons	\$60/\$65
Sept 3-Oct 17	14 and up	Tu, Th	7pm-8pm	Maury Commons	\$60/\$65

Fitness Classes

Group Fitness Punch Card Program (Ages 15 and up)

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our schedule of classes to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in class description. Classes held at the Dorothy Hart Community Center. Please call for questions prior to attending your first class.

Strengthen, Tone and Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flex ball, exercise tubes and more for a total body shaping experience. *Use with punch card - 1 punch

M, W
6:00pm - 6:50pm
Instructor: Pam Wrobel, ACE
& CPR cert.

Cardio and Strength Training for Active Older Adults

This unique strength-training program is specifically geared toward the Active Older Adult. We combine low impact cardio elements, resistance training, along with core conditioning floor work. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout! *Use with punch card - 1 punch

T, 8:30am-9:20am
Th, 1:00pm-1:50pm
Instructor: Theresa Powel,
CPR cert.

Early Morning Sculpt and Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape. *Use with punch card - 1 punch

M, W, F
8:00am - 8:50am
Instructor: Pam Wrobel,
ACE & CPR cert.

Beginner-Intermediate Pilates

Pilates is for all ages, genders and abilities! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs), helps to realign the spine, and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility. You will also learn to do Pilates exercises with props, such as, small balls, large medicine balls, stretch bands, hand weights, Pilates rings, and foam rollers.

*Use with punch card - 1 punch

M, W, F
11:30pm - 12:20pm
Instructor: Cheri Bryan,
CPFI certified

Group Fitness Punch Card

30 Day Pass (Unlimited Classes)

Flex Punch Card: 12 Punches

Flex Punch Card: 8 Punches

Drop in Fees:\$5

Fees \$40 City, \$45 Non-City

Fees \$35 City, \$40 Non-City

Fees \$30 City, \$35 Non-City

Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

Fitness Classes

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries & 500-700 calories. It is based on the principle that a workout should be FUN AND EASY TO DO in order for participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but is also great for the mind. It is a feel-good workout, but be prepared to sweat! Ditch the work out, join the party! Drop in fee \$7

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 7-June 20	14 and up	Tu, Th	6:15pm-7:15pm	Dorothy Hart Center	\$60/\$65
July 9-Aug 22	14 and up	Tu, Th	6:15pm-7:15pm	Dorothy Hart Center	\$60/\$65
Sept 3-Oct 17	14 and up	Tu, Th	6:15pm-7:15pm	Dorothy Hart Center	\$60/\$65

Sunrise Yoga

This all-encompassing yoga session will help you clarify, relax, focus, and concentrate. All levels are accommodated in this active and energizing class. This class will improve your strength, flexibility, and concentration. Bring water, yoga mat and wear comfortable clothing to experience the wonderful benefits of yoga outdoors! *Drop in fee \$7

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 11-June 22	14 and up	Sa	8:30am-9:30am	Alum Springs Stage	\$35/\$40
July 13-Aug 24	14 and up	Sa	8:30am-9:30am	Alum Springs Stage	\$35/\$40

Tai-Chi & Meditation

Tai Chi is the Chinese health exercise used to cultivate a peaceful mind and healthy body. The instructor studied with Da Liu, a Taoist Master who introduced Tai Chi to this country. Sifu Charles studied with Da Liu for five years and has practiced since 1980. Sitting Meditation and Chi Kung Health Exercises are covered as a compliment to Tai Chi. Advanced students learn the long version of the form and Push Hands, a Tai Chi partner practice.

Dates	Ages	Days	Time	Location	Fee (R/NR)
Beginner					
May 8-June 26	10 and up	W	6:30pm-7:30pm	Dorothy Hart Center	\$40/\$45
July 10-Aug 28	10 and up	W	6:30pm-7:30pm	Dorothy Hart Center	\$40/\$45
Intermediate					
May 8-June 26	10 and up	W	7:30pm-8:30pm	Dorothy Hart Center	\$40/\$45
July 10-Aug 28	10 and up	W	7:30pm-8:30pm	Dorothy Hart Center	\$40/\$45

Dance Classes

Line Dance Starter Class

(Ages: 16 to Adult) No experience needed! Line Dance Glossary Steps taught. Dance walk through before music starts. Patterns called during music. Line Dance exercises the body and the mind while having fun. Come and join the Starters class! Discover you can be an avid dancer too!

Begins on 1st Friday of the month
12:00pm - 1:25pm
\$4 City or Non-City drop in per class
Call for Location
Register on a weekly basis.

Dance Classes

AVID Line Dancer Class: Intermediate & Advanced Dances

(Ages: 16 to Adult) Prerequisite: Proficient in most Glossary Basic Steps and comfortable with Multiple Turns. Come join the Avid Dancers class and meet new friends! Seasonal dances taught for Friday socials.

Begins on 1st Friday of the month
1:30pm - 3:00pm
\$4 City or Non-City drop in per class
Call for Location
Register on a weekly basis.

Belly Dance Basics I with Anthea

The artistic way to have fun, get fit, and make friends! Classes feature a belly-robics warm up, Raks Sharki combinations and Tribal Odyssey foundation. Anyone may join, no experience necessary. Anthea's certified teaching method, refined over twenty years, will get you dancing right away. *Drop in fee \$15

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 2-23	12 and up	Th	7:30pm-8:30pm	Dorothy Hart Center	\$38/\$49
June 6-27	12 and up	Th	7:30pm-8:30pm	Dorothy Hart Center	\$38/\$49
July 11-25	12 and up	Th	7:30pm-8:30pm	Dorothy Hart Center	\$38/\$49
Aug 8-29	12 and up	Th	7:30pm-8:30pm	Dorothy Hart Center	\$38/\$49

Belly Dance Basics II with Anthea

Continue from Basics I for more FUN or FITNESS! Enroll by instructor approval. Anthea's classes feature: Belly-robics warm-up, isolation technique drills, Raks Sharki combinations and choreography (may include veil), and Tribal Odyssey foundation. Even this basic level of belly dance gives you amazing skills while you develop grace and body control. *Drop in fee \$15

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 2-23	12 and up	Th	8:30pm-9:30pm	Dorothy Hart Center	\$38/\$49
June 6-27	12 and up	Th	8:30pm-9:30pm	Dorothy Hart Center	\$38/\$49
July 11-25	12 and up	Th	8:30pm-9:30pm	Dorothy Hart Center	\$38/\$49
Aug 8-29	12 and up	Th	8:30pm-9:30pm	Dorothy Hart Center	\$38/\$49

Belly Dance Basics III with Anthea

Continuation from Belly Dance 2. Take your dancing to the next level with a nationally known, certified teacher who has over twenty years of professional experience. Step by step, develop your advanced techniques and skills (Including Finger Cymbals). Learn music, rhythms, and the use of belly dance props like sword, cane, veil, and more. Class includes Performance Prep, Raks Sharki choreography or composition, and Tribal Odyssey Levels 2 and 3. Enroll by instructor approval.*Drop in fee \$15

Dates	Ages	Days	Time	Location	Fee (R/NR)
May 1-22	12 and up	W	7:30pm-8:30pm	Dorothy Hart Center	\$40/\$51
June 5-26	12 and up	W	7:30pm-8:30pm	Dorothy Hart Center	\$40/\$51
July 10-31	12 and up	W	7:30pm-8:30pm	Dorothy Hart Center	\$40/\$51
Aug 7-28	12 and up	W	7:30pm-8:30pm	Dorothy Hart Center	\$40/\$51